

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-22-09)

Visit us at www.fns.usda.gov/fdd

B386 - MILK, ULTRA HIGH TEMPERATURE (UHT), 1% LOW-FAT, 8.0 OZ

CATEGORY	<ul style="list-style-type: none"> Milk
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> This shelf stable milk is made from grade A fresh milk which has been fortified with vitamins A and D. It has been processed using a method called Ultra High Temperature (UHT) which destroys bacteria, while preserving the flavor, taste, and nutritional value of the milk. This process requires no refrigeration until the container has been opened.
PACK/YIELD	<ul style="list-style-type: none"> 27/8.0 oz units per case. Each individual unit provides 8.0 fluid oz of milk. CN Crediting: 1 individual unit (8 fl oz) 1% UHT milk provides 1 cup or ½ pint milk.
STORAGE	<ul style="list-style-type: none"> Unopened shelf stable milk can be stored without refrigeration for about six months off the floor in a cool, dry place. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Milk Group
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Nutrition Information

Milk, 1% low-fat, fortified

	1 cup (244 g)
Calories	102
Protein	8.22 g
Carbohydrate	12.18 g
Dietary Fiber	0 g
Sugars	12.69 g
Total Fat	2.37 g
Saturated Fat	1.55 g
Trans Fat	0 g
Cholesterol	12 mg
Iron	0.07 mg
Calcium	290 mg
Sodium	107 mg
Magnesium	27 mg
Potassium	366 mg
Vitamin A	478 IU
Vitamin A	142 RAE
Vitamin C	0 mg
Vitamin E	0.02 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Shake well before opening.
USES AND TIPS	<ul style="list-style-type: none"> Shelf stable milk may be used in cooking and as a baking ingredient like regular milk, but it is often enjoyed as a beverage or over cereal. May be served as at room temperature, but it best served chilled.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Check best if used by date before use. Once the container has been opened, it should be refrigerated like regular milk. Keep milk tightly sealed in its original container and consume within 5 to 7 days.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.